

A N N U A L R E P O R T

OF

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Home Demonstration Agent

Pinal County

Arizona

December 1, 1950 to March 10, 1951

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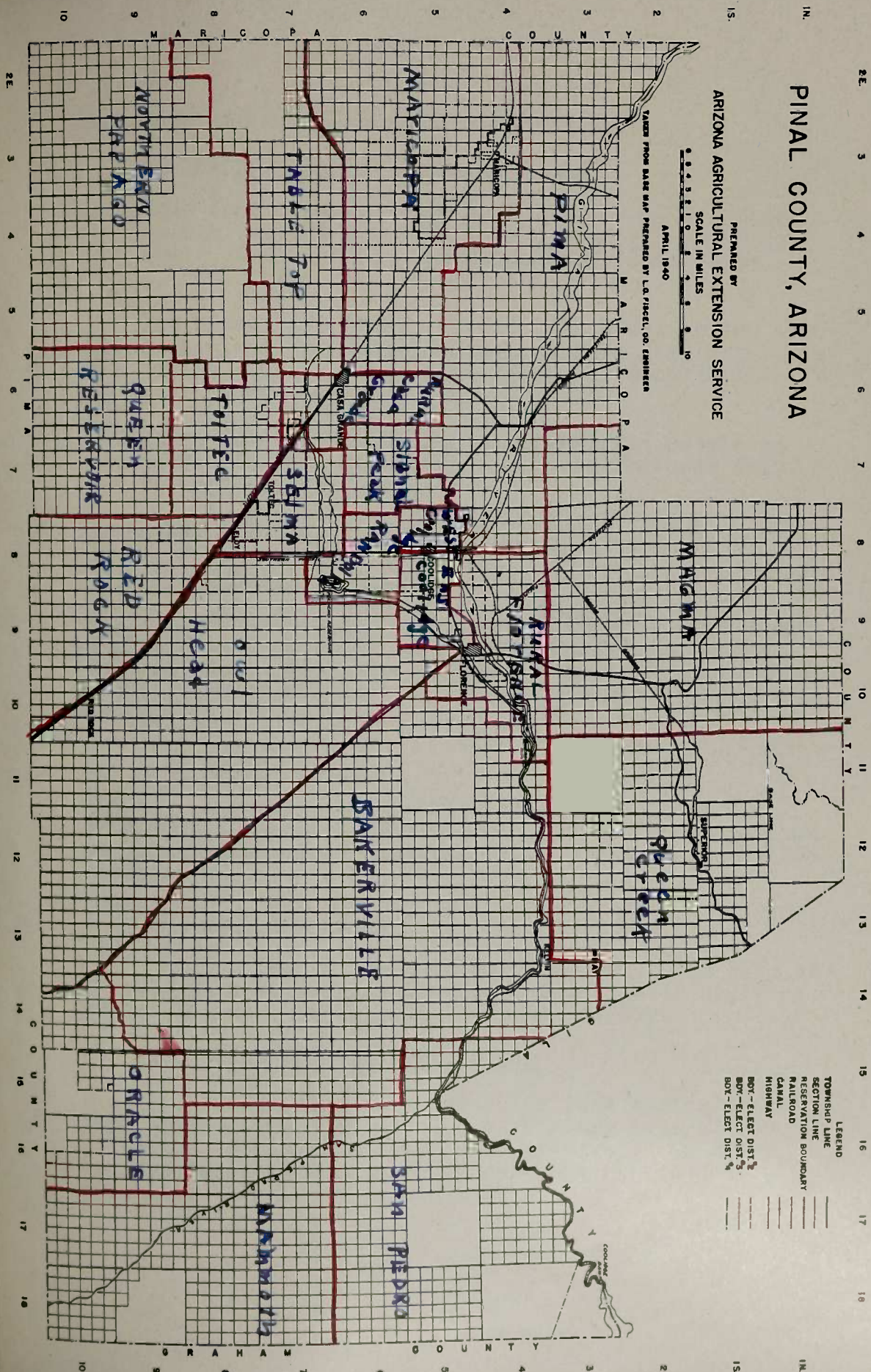
PINAL COUNTY, ARIZONA

PREPARED BY
ARIZONA AGRICULTURAL EXTENSION SERVICE

SCALE IN MILES

APRIL, 1940

TAKEN FROM BASE MAP PREPARED BY L.O. FISCH, CO. ENGINEER



IV - HIGHLIGHTS OF HOME DEMONSTRATION WORK

Extension Organization & Planning

Home demonstration work in Pinal County has been carried out through articles in the County newspapers, over Radio Station KCKY, ten Homemakers Clubs, home visits, home calls, and office calls.

The Homemakers Clubs are well organized units. Two representatives from each Homemakers Club form the basis of a County Council which aids in County Program Planning and other County business.

An annual conference for all Extension people in Arizona was held in December to help co-ordinate the work through-out the state.

House & Furnishings

Color in the Home

A women's club in Casa Grande asked the Agent to give a talk on Color in the Home in February. The Eloy Homemakers Club also expressed an interest in this subject. These two meetings were similar to County wide meetings held in October, 1949.

Lampshades

A continuing interest in home lighting and lampshades is shown in Pinal County by the fact that the Sun Valley Club of 11-Mile Corner Camp has started a new lampshade hobby.

Room Arrangement

Two Leader Training Meetings have been held so far this year in preparation for a County wide study of room arrangement to be held in April and May.

Food Selection and Preparation

Two studies have been made this spring on the preparation of meal entrees. In February several menus and recipes for oven dinners were prepared. In March the principles of meat cookery were demonstrated to all Homemakers Clubs.

Clothing & Textiles

January found the women studying the proper accessories to wear with various costumes, and also copying some patterns for purses, belts and collars to be made later at home.

Health & Safety

Dr. Clarence G. Salsbury, Chief of the Bureau of Preventative Medicines, Arizona State Department of Health, addressed a group of Pinal County Homemakers at a County wide meeting in January, on the topic "What's New in Medicine". He also stressed the need for more public health awareness in this state.

Recreation & Community Life

Publicity

Extension publicity was carried out through four weekly newspapers in this County and through Station KCKY, located in Coolidge and Casa Grande.

Parties

The month of December was devoted to Christmas parties in the Homemakers Clubs in this County. Several of them had a pot-luck dinner at this time to which the husbands were invited.

Hobbies

The United Nations Flag has been the project of the Kenilworth and the Sun Valley Homemakers Clubs during the past several months. The Sun Valley Club is also making lampshades. The Ray Homemakers are meeting once a month to work on textile painting.

Home Beautification

Harvey Tate, Extension Horticulturist, has given two demonstrations at Winkleman this year, one on landscaping at the Quarelli home and one on pruning at the Valentine Ranch.

V - ANNUAL NARRATIVE REPORT

A. Adult

1. Extension Organization and Planning

Home demonstration work in Pinal County is carried on by one Agent. The work is carried out through weekly news column, office calls and home visits. Most of the Agent's contact with the women in this county is through the ten Homemakers Clubs.

<u>Name of Club</u>	<u>President</u>	<u>Members</u>
Casa Grande Afternoon	Mrs. Helen Ward	21
Casa Grande Evening	Mrs. Lee Allen	16
Eloy	Mrs. Ruth Manis	21
Kenilworth	Mrs. H.A. Nafziger	20
Ray	Mrs. Ruth McMillan	17
Sacaton	Mrs. Lily Ramsey	5
Sun Valley	Mrs. Phil Lyon	20
Superior	Mrs. Parker Dougan	17
Valley Farms	Mrs. Bessie E. Smith	17
Winkleman	Mrs. Stella Downey	22

a. Organization

An attempt has been made to re-organize the Oracle Homemaker group with not much success. The original club disbanded in 1949. Mrs. Agnes Ramsay invited fifteen or twenty of her friends in Oracle to meet in her home one afternoon in February to re-organize the club. The Agent was invited to attend the meeting. The Agent and Mrs. Ramsay were the only people who arrived. The Agent made some home visits later that afternoon, including one to Mrs. Katherine Hough's. Mrs. Hough's explanation for the poor attendance was that Mrs. Ramsay is not too well liked in Oracle. Later on an attempt can be made through Mrs. Elinor Ramsey (no relation), who is president of the Parent Teacher Association, a very successful organization in Oracle, to either work through the Parent Teacher Association or to form a separate Homemakers group with her help.

No attempts have been made in the past four months to re-organize any new homemakers groups, although there is still a possibility of a group being organized in the Stanfield area.

b. County Council

The Pinal County Homemakers Clubs co-ordinate their activities through the Pinal County Homemakers Council. An elected delegate from each club, and each club president, forms the membership of this organization.

In January the Council held an Officers Training Meeting, at which time all of the officers of the Homemakers Clubs received training in the duties of their particular office. Fifty women were present at this training meeting.

The Council also sponsored a meeting on Health. Dr. Clarence E. Salsbury, Chief of the Bureau of Preventative Medicines, State Health Department, spoke to a group of sixty women from all over the County on "What's New in Medicine". He also stressed the need for more public health work in the State of Arizona.

In May the Council plans to have a County wide meeting at which time Dr. Edith Lord, Superintendant of Mental Hygiene of the State Health Department, will speak on "Understanding Teenagers". Publicity through local newspapers and through Station KCKY, the local radio station, was and will be used to publicize these two meetings.

In December the Extension Agents' Annual Conference was held at the University of Arizona in Tucson. These conferences are a help in many ways. Meeting and talking over mutual problems with other agents is very helpful. The lectures and demonstrations are also valuable.

2. House & Furnishings

a. Projects

Interest in lighting and lampshades is continuing in Pinal County. The Sun Valley Homemakers Club at 11-Mile Corner Camp had a meeting in February on lampshade making. They conducted this meeting as a hobby project without the help of the Agent.

b. Color in the Home

The Epsilon Sigma Alpha Sorority of Casa Grande asked the Agent to bring a demonstration on "Color in the Home" to their February meeting. Their project for this year is home decoration. The Agent borrowed the kit from the University and followed the same type demonstration as was given County wide in October, 1949. The Eloy Homemakers Club missed the one given then and asked if they might also have the demonstration now, while the kit was in this County. There were forty-nine women present at these two meetings.

Homemakers' Leaders Assemble For Coolidge Conference



January
Pinal County Homemakers groups met at the Coolidge Woman's club Wednesday to hear an address by Dr. Clarence Salsbury, chief, Bureau of Preventative Medical Services of the Arizona State Department of Health. Presidents of county chapters and council members shown above are, first row, left to right; Mrs. Ruth Manis, Eloy; Mrs. Helen Hallberg, secretary-treasurer of county council, Eleven-Mile Corner; Mrs. Jane Peters, vice-presi-

dent of county council, Casa Grande; Alice Hill, home demonstration agent; Mrs. Arnold Nafziger, Kenilworth. Second row, left to right: Mrs. Lee P. Allen, Casa Grande; Mrs. Virgie R. Torbett, Ray; Mrs. Laney Lyon, Sun Valley Homemakers; Mrs. Frank Downey, Winkelman; Mrs. Helen M. Ward, Casa Grande; Mrs. Jessie Olson, Superior.

c. Room Arrangement

In March a Leader Training Meeting was held on Room Arrangement. The meetings were conducted by Miss Grace Ryan, Extension Home Management Specialist. The trained leaders will bring this demonstration to their own homemakers groups in April or May.

3. Food Selection & Preparation

a. Oven Dinners

At the program planning meeting last fall one of the first requests in foods was for "Oven Dinners". In January two leader training meetings were held. One of these was in Ray; the other in Casa Grande. All clubs sent two food leaders to the meetings.

The meetings were conducted in the following manner:

1. Discussion of values of oven cookery.
 - a. Things to remember when using the oven.
 - b. Baking dishes.
 - c. Types of oven meals.
 - d. Balancing the menu.
2. Suggested menus were noted.
3. Recipes were studied and some picked out and prepared.
4. The prepared dishes were eaten for luncheon.
5. Cleanup.
6. Summary and suggestions how to take back to own club members.

There were one hundred thirty-one women who witnessed this demonstration throughout the County. The Agent has heard many favorable comments concerning the oven meal suggestions given after this demonstration. The menu which was prepared cost approximately 30¢ per person, which in these days of high prices seems very reasonable.

b. Meat Cookery for March 1951

A Leader Training Meeting was held in Coolidge at the home of Mrs. H.A. Nafziger. A study of meat cookery was requested by the women of the County at the program planning meeting last September.

The meeting was conducted in the following

manner:

Introduction:

1. The importance of Correct Meat Cookery.
2. The nutritional value of meat.
3. Discussion of inspection and grading of meat, showing pictures and the stamp on actual meat cuts.
4. Discussion of cuts of meat showing pictures and a few actual samples.
5. General principles of meat cookery, relating to temperature, basting, salting and browning.

Meat Cookery:

Tender cuts - roasting, broiling,
pan broiling and frying.
Less tender cuts - braising and stewing.

Cuts of beef, veal and pork were brought to the meeting to show the characteristic appearance of these meats. Two club or rib steaks, one from an eastern pen fed animal, choice grade, the other from a western range animal of poor quality, were shown and discussed. These two steaks were subsequently broiled and sampled by the women to show the difference between these two types of beef. Three slide films were shown:

1. Cooking Meat According to Cut.
2. Cooking Poultry - Older Birds.
3. How to Cook Meat by Moist Heat.

The first two films were issued by the United States Department of Agriculture and the last one by the National Livestock and Meat Board.

There were one hundred fifteen women throughout the County present at these demonstrations. A flu epidemic kept quite a few club members at home this month. The women who attend these meetings said this was one of the most helpful demonstrations they have attended for quite awhile.

4. Clothing & Textiles

Accessories

At the program planning meeting last fall, one of the requests in the clothing field was for the study of clothing accessories. In order to meet this need, this topic was selected for the month of January. A kit was borrowed from the University which contained patterns for home-made belts, purses and collars, as well as actual samples of various clothing accessories.

The art principles of proportion, balance, rhythm, and harmony were stressed in the discussion. Various personality types, color harmonies and the use of accessories for different occasions were also thoroughly discussed. A University bulletin on accessories was given to each woman. Patterns for the various accessories in the kit were either given out or copied at the meetings. A total of one hundred sixty-two women witnessed these demonstrations during the month of January. Included in this total were twenty-three women belonging to the Casa Grande Chapter of Epsilon Sigma Alpha Sorority. This group had previously requested that the Agent speak to them at their meeting this month.

5. Health & Safety

a. What's New in Medicine

This topic was chosen by the program planning committee for the health project of the year for Pinal County. As medicine is beyond the subject matter of the Agent, a doctor had to be found to talk to the Homemakers Clubs on this subject. Several doctors in this County were invited to speak, but they all declined. Dr. Clarence G. Salsbury, Chief of the Bureau of Preventative Medicine, State Health Department, was asked and did consent. The meeting was held in the Coolidge Women's Club. There were sixty people present. Newspaper and radio publicity preceded the meeting.

Dr. Salsbury first showed a movie of the educational background of a public health doctor and some of the work involved in Public Health. He then spoke on public health in Arizona as follows:

1. What medicine and treatments are now being developed and used, to fight heart disease, cancer, tuberculosis, venereal disease, brucellosis and diarrhea.

He did not talk about medicines by themselves, but only in

connection with the various diseases. Comprehensive notes of Dr. Salsbury's talk were taken, typed and mailed to each club president to be read at their next meeting.

6. Recreation and Community Life

Hobbies

The hobbies that have been started in the clubs so far this year are:

1. Ray - Textile Painting
2. Kenilworth - United Nations Flag
3. Sun Valley - United Nations Flag
Lampshades

The United Nations Flag which the Kenilworth Homemakers Club has made was presented to the Kenilworth School at a Parent Teachers' Association Meeting in March.

7. Publicity

Fifteen minute radio broadcasts over Station KCKY, located in Coolidge and Casa Grande, have been on the following subjects:

- | | | |
|----------|---|-------------------------------------|
| December | - | Christmas Ideas |
| | | Decorating the Tree |
| | | Wrapping of Gifts |
| | | Christmas Goodies |
| | | Nutrition - Eating a balanced diet. |
| January | - | Nutrition - Fuel Foods |
| February | - | Nutrition - Importance of Proteins. |
| March | - | Interview of 4-H Clothing Club |
| | | members on their projects for |
| | | this year. |

8. Home Beautification

The Winkleman Club has shown a continuing interest in matters pertaining to the garden. In January they had a landscaping demonstration at the Quarelli home; in February a demonstration in pruning fruit and nut trees at the Valentine Ranch. Both of these demonstrations were given by Harvey F. Tate, Extension Horticulturist. There were thirty-nine people present at these two meetings. The pruning demonstration was a follow up of a grafting demonstration given by Mr. Tate on this same ranch last year.



Homemakers Hints

By Alice Hill, Home Demonstration Agent

One of the uses of food in the body is for fuel.

Another is to give material for building and upkeep.

A house is built from lumber, nails, brick, plaster, shingles and other materials. Our bodies are built from the materials in the foods we eat. It is hard to say that one building material is more important than another, because all of them are needed. A shortage of any one material usually weakens the entire body and slows it down.

It's much easier to build a strong and sturdy house than to build a weak one and then try to patch it up. So it is with a growing child.

The body, because of normal "wear and tear," is constantly repairing itself. We must give it the right materials so that it can do a good job of upkeep. All of us know that even a house must be repaired as time goes on; otherwise it breaks down. This is true of the human body too.

The soft tissues of the body are made chiefly of protein. Thus, protein is an important building and upkeep material and, as such, is needed in a large quantity. Remember that sweets and fats are mainly fuel and not building materials.

You can't judge the importance of a food material by the amount needed. The bulk of nails used to build a house is small compared to the amount of lumber needed, but nails are important in building houses. In the body some important building and repair materials are needed in very small amounts. For example, the amount of iron needed daily is smaller than a pinhead, but no other food substance can take its place.

A good diet contains many kinds

of foods such as vegetables, citrus fruit, meat, bread, butter and milk. A diet that leaves out any of these will soon cause the body to grow old and break down too soon.

Velvet Touch

The velvets, velveteens and corduroys, being worn so much this year, need special treatment to keep their fresh appearance and wear well, says Margaret Smith, clothing specialist of the U.S. Department of Agriculture.

Velvet, whether silk or rayon, is a more delicate fabric than cotton velveteen or corduroy, and marks or crushes more easily, especially when damp. Dry cleaning rather than washing is recommended for velvet. Many corduroys and some velveteens may be washed at home but it is safest to test a sample in advance to see if it is fast in color or shrinks.

Steaming velvet is the easiest way to smooth wrinkles and lift crushed places. Hang the velvet garment on a hanger in a steamy bathroom for an hour and then let it dry. Be sure it hangs free—perhaps from a shower bar—so that nothing touches it until it is entirely dry. Small garments or velvet pieces may be steamed over the spout of a tea kettle.

Corduroys may be pressed on the wrong side when slightly damp to remove wrinkles.

Velveteens also may be pressed but they take a little more care. Here's how: Lay a strip of velveteen yardage right side up over the ironing board. Then press the velveteen garment on the wrong side after dampening slightly. Press until nearly dry, then brush the right side to lift the nap. The strip of velveteen over the ironing board takes the place of the "velvet board" used by dressmakers and tailors for pressing napped fabric. It is especially helpful to prevent mashing seams, hems or other double thicknesses of velveteen.

9. Conclusion

Most of the established Homemakers Clubs in Pinal County are quite well organized and have good leadership. They attend club meetings, council meetings, and leader training meetings very faithfully. They do very well in bringing demonstrations back to their own clubs.

Two newly formed clubs, Sacaton Evening and the Valley Farms Evening, need extra help and encouragement as yet.

The greatest need is not with the members of these ten organizations, but rather how to reach the other women in the County, especially the young mothers who perhaps need help the most.

B. 4-H

1. Organization & Planning

There were two new 4-H Clubs started in Casa Grande during December; a new boys club under Fred Nussbaumer, and a first year clothing club under Mrs. Rex Gladden. The West Coolidge Club, under George Ziegler and Mrs. Fred Wuertz, which was organized at the end of last year, is continuing in a very successful manner. A new girls club has been started in the Eloy area under Mrs. Kenneth Clark.

Officers Training Meeting

A training meeting for all 4-H Club officers was held in Kenilworth School in January. There were one hundred fifty boys and girls present from clubs throughout the County. After a general meeting led by Mr. K.K. Henness, the County Agent, the boys and girls separated into groups consisting of the presidents and vice-presidents from all the clubs, taught by Kenneth McKee, State 4-H Leader; the secretaries and treasurers led by Mrs. Jane Peters, past Homemakers County Council Secretary from Casa Grande; reporters taught by Mr. Harold Wrenn of the Coolidge Examiner; recreation and song leaders led by Ellen Kightlinger, Ass't. State 4-H Leader.

Each person brought a sack lunch. This was eaten in the school cafeteria. Cocoa and coffee were served free by the local Parent Teachers' Association. After lunch Mary Lou Henness led the entire group in 4-H songs, accompanied on the piano by Teresa Cruz. Both girls are junior 4-H leaders from Casa Grande. Following this, the recreation leaders directed the entire group in several games, followed by a short period of square dancing led by Goldye Colvin, 4-H leader from Casa Grande.

The song and game period was purposely kept short so that the club officers would be left with a feeling of wanting to come back for more next year. It was impressed upon them that this was a school that they were attending and not an afternoon of recreation. The agent feels that next year the attendance will be even larger than it was this year.

4-H County Council

A meeting was held at the Kenilworth School during March to plan the 4-H County Fair which will be on the 6th and 7th of April at the Kenilworth School, East of Coolidge.

Kids Have Big Time At 4-H Meeting



Pinal County 4-H club officers met Saturday at Kenilworth school for a day of work and pleasure. Primary objective of the meeting was to instruct club officers concerning their duties and proper methods of carrying them out. Ellen Knightlinger was instructor of the recreation group, shown above. Object of the game they are playing is to pass the grapefruit to the back of the line, without using the hands, before the opposing team does. The Saturday meet was planned by the Pinal County 4-H Club council. —(Examiner Photo)

Mrs. Ellen Kightlinger, Assistant 4-H Leader, was present to assist with these plans as she will be in charge of the girls' work at the Fair this year.

2. Clothing & Textiles

Almost all of the girls clothing clubs have been visited by the Agent in the past three months, helping with demonstrations and judging in preparation for the competition at the 4-H Fair

Leader Training Meeting

A Leader Training Meeting was held at the Eloy Community Center on demonstration and judging. All of the 4-H Clothing Leaders and Junior Leaders were invited to attend. Twelve leaders came. Mrs. Ellen Kightlinger, Assistant State 4-H Leader conducted this meeting. Actual practice in judging and giving demonstrations was carried out. The Leaders have expressed their opinion that this was a very successful and helpful meeting.

3. Recreation

Parties

Many of the clubs had Christmas and Valentine parties. The Agent attended several of these and was delighted to find that the club recreation leaders had done a very fine job of planning these gatherings.

4. Conclusion

4-H Club work in Pinal County has gone forward a great deal in the last few months. Several new clubs have been formed and those continuing are doing better project work and having a more constant attendance.

More and more clubs are being formed outside the school and are being led by parents and lay leaders rather than by teachers.

The Fair this year promises to be highly successful and there will undoubtedly be much project work exhibited.